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WIN! AN EVENING OF BURLESQUE

Page Two

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Pair have 'allot' to celebrate

THE COVETED silver cup for the best kept allotment was won by Ken Davis for his plot in East Barking allotments in Gale Street.

Second prize went to Liliana Preducuj with a plot at Dagenham's Groveway allotments.

More than 60 allotment holders turned out for the borough's annual awards ceremony at Temple Avenue allotments Dagenham.

Liam Smith, leader of Barking and Dagenham Council, said: "It was a difficult start to the allotment year with a very cold spring. However, the talent, experience and perseverance of our allotment holders meant that the sites looked a picture right through the summer. Well done to everyone, particularly our two winners Ken and Liliana."

There are 18 allotment sites in Barking and Dagenham with 360 plots.

Judges visited each site on July 24 and 25, and looked at the nominated plot.

They considered factors including good cultivation, quality of produce, succession and variety of crops, adequate weed control and cleanliness of crops.



WINNERS: Ken Davis and Liliana Preducuj

HAVE A SAY ON HOSPITAL CARE

THE NEW Chief Inspector of Hospitals has called on people to tell him about the care provided by Barking, Havering and Redbridge University Hospitals NHS Trust.

Professor Sir Mike Richards said feedback was crucial to helping a team of inspectors decide what to look at when they inspect Queen's Hospital, in Romford, and King George Hospital, in Ilford, later this month.

Officials confirmed the trust has been chosen after being identified as being 'potentially high risk'.

They will hold a 'listening event' on Tuesday October 15 in Redbridge Town Hall, High Road,

Ilford, at 6.30pm, before checks are carried out. Anyone who is unable to attend the listening event but wishes to give their views to the inspection team can do this by email to cqclistingevents@livegroup.co.uk

Sir Mike said: "It is vital that we hear the views of the people who have had care at either of the hospitals run by the trust, or anyone who wants to share information with us. This will help us plan our inspection, and so help us focus on the things that really matter to people who depend on this service."

"This is your opportunity to tell

me and my team what you think, and make a difference to the NHS services in the local area."

Sir Mike said the new inspections were designed to provide people with a clear picture of the quality of the services in their local hospital, exposing poor or mediocre care as well as highlighting the many hospitals providing good and excellent care.

He added: "We know there is too much variation in quality."

The trust is in the first wave of 18 hospital trusts to be inspected under radical changes being introduced by the Care Quality Commission.

The formal inspection at Barking, Havering and Redbridge University Hospitals NHS Trust will start on Tuesday October 15.

Sir Mike will lead 'large' inspection teams, headed up by clinical experts including trained members of the public.

They will investigate A&E, medical care (including frail elderly), surgery, intensive/critical care, maternity, paediatrics/children's care, end of life care, and outpatients.

A full report of the inspectors' findings will be published by the Care Quality Commission later in the year.

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INSIDE this week



**MP speak out
over new
loan shark
controls**

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Yellow Advertiser

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The office is open between 8.30am-
5.30pm from Monday to Thursday and
until 5pm on Friday.

Editor: Mick Ferris

Publishing director: Scott Wood

Switchboard: 01268 503400

Advertising: 01268 503450

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020 8364 4040 or e-mail

distribution.enfield@nlhnews.co.uk

Leaflet sales: 01268 503386

For all reader travel bookings and
enquiries call 0845 226 7747

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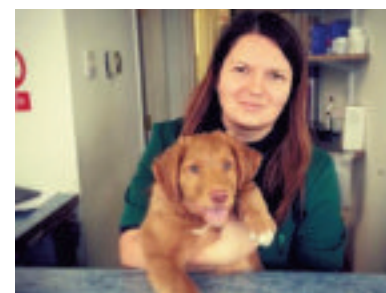
Pets Corner: Firework advice for pet owners

Fireworks commonly cause stress and worry
to pets, as well as to their owners trying to
ensure the well being of them. So here's our
guide to help you and your furry friends pre-
pare for firework festivities.

■ Your pet is likely to feel safer if you're
around so don't leave them alone.

■ It's important to keep pets inside once the
fireworks start, so plan ahead and make sure
any exercise and toileting is out of the way in
good time

■ Allow enough time for natural products
available from your vets such as DAP sprays,
diffusers and collars, or medicines, to take
effect (you may need to plan for this weeks in
advance)



■ Keep your garden gate and doors shut,
and make sure your pet is microchipped and
wearing their collar and tag just in case they
bolt in fear and escape

■ Don't over fuss, this may indicate to them
that there is indeed something to be fright-
ened of.

■ Close the curtains and turn up the TV or
radio nice and loud.

■ Make sure there's a cosy place where
your pet can hide and feel secure. Often dogs
will appreciate a den created under the
kitchen table, a blanket on the floor behind the
sofa or if they were crate trained, their crate.

■ Distract pets with their favourite game,
toy or a treat just before and during fireworks.

■ It's important not to punish any signs of
stress or fear and remember to stay calm your-
self

■ Unfortunately firework parties are not
confined to one evening and depending on
your location it can be an ongoing problem at
this time of year.

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ask a member of staff at your local vets who
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Schools may be forced to operate 'shifts' unless extra funding is found claims councillor

More money needed to fund school places

PRIMARY schools in the borough could be forced to operate split shifts, unless the government stumps up more cash.

A population explosion among the under-fours – a 50 per cent increase since 2001 – means that Barking and Dagenham will run out of school places without a substantial cash injection.

Deputy leader Rocky Gill's worst scenario is schools running two shifts on the same site at different ends of the week, Monday to Wednesday at different times.

He said: "This September we had to find extra places for 1,100 primary children.

"These 1,100 children needed 37 new reception classes and will have Thursday to Saturday, or classes at different hours – 8am to 2pm and 2pm to 8pm."

Councillor Gill believes the borough needs £50million a year for the next ten years to keep pace. It has been given £28million for the next two years.

"We don't want to do it, but I can't say to parents 'go out of the borough'," he said. "My surgeries are full of parents with three children in three schools, in three different boroughs.

"No one wants to resort to shifts, but if we don't see more money in two year's time we will have no option.

"We have the fastest growing population in the country. This September we had 1,100 more



UNHAPPY: Deputy leader Rocky Gill

Picture by Mark Cleveland

children starting in reception than left Year 6."

A DfE spokesperson dismissed claims that more cash was needed. He insisted the department was spending £5billion by 2015 on creating new school places – 'more than double the amount spent by the previous government in the same time frame'.

He said: "We have worked closely with councils to reform school place funding so it is now more accurate than ever before –

targeting money exactly where places are needed.

"Since 2011/12 £118m has been provided to Barking and Dagenham to provide additional school places – significantly more than the £66.7m the council received during the previous spending review period. More than 4,000 new school places have been created to meet demand in the areas since 2009, with more to come over the next few years.

> speedread

Zero hours

BARKING MP Margaret Hodge is calling for an end to the exploitation caused by the misuse of zero-hour contracts.

She said: "Local residents who are employed on zero-hours contracts often tell me of the struggle they and their families face on a daily basis."

"We need to take action to stop the abuse of workers."

Parking technology

MOTOR giant Ford has revealed technology to enable drivers to park at the touch of a button as well as a prototype that combines automatic steering and braking to avoid collisions with vehicles or pedestrians.

Its Research and Advanced Engineering division harnessed developments made with existing Ford technologies, active park a and Ford powershift transmission, to produce a Ford Focus equipped with the prototype fully assisted parking aid system.

Council showcase

BARKING and Dagenham Council showcased its commercial offering to businesses, politicians and potential investors at City Hall on Monday.

The event follows the launch of an investment brochure 'Barking and Dagenham: London's Newest Opportunity' in November 2011.

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Stars come out for film festival

MOVIE stars have descended on the capital for the BFI London Film Festival.

The city will host star-studded screenings of some of the industry's most hotly-anticipated films, months before some of them go on general release.

US A-listers Tom Hanks and Sandra Bullock will appear at the festival, which started on Wednesday, alongside British talent like Daniel Radcliffe, Kate Winslet and Dame Judi Dench.

The 12-day festival will see 235 films screened in venues across London.

Tom Hanks will open the festival with thriller 'Captain Phillips', about the hijack of a US container ship by Somali pirates, and close it with his portrayal of Walt Disney in 'Saving Mr Banks', about the making of 'Mary

Poppins'.

Other gala screenings will include 'Philomena', starring Steve Coogan and Dame Judi Dench, and 3D space drama 'Gravity', featuring George Clooney and Sandra Bullock.

As well as glamorous red carpet debuts in central London, screenings will be held in Brixton, Bethnal Green and Hackney.

Tickets to week day matinees cost £9 and are often attended by cast and crew members for question and answer sessions.

Reporter and festival fanatic Charles Thomson will be updating his Yellow Advertiser blog with regular dispatches from the red carpet.

To read his reports, visit <http://www.yellowad.co.uk/blogs.cfm>.

For tickets and information about all of the films screening at the festival, visit www.bfi.org.uk/lff.



Sandra Bullock and George Clooney play astronauts in Gravity



PREMIERE: Steve Coogan and Dame Judi Dench are expected to attend the red carpet premiere of 'Philomena'





STAR POWER: Movie legend Tom Hanks, pictured with Emma Thompson in 'Saving Mr Banks', will open and close the festival

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Loan shark controls not enough says MP

NEW controls on 'legal loan sharks' do not go far enough, according to Walthamstow MP Stella Creasy.

The Financial Conduct Authority announced new rules for lenders this week, limiting roll over loans to two only.

High interest loan companies are known to be popular in deprived areas, with east London residents among the regular customers.

Ms Creasy has been campaigning for better protection for borrowers for years and wants to see a total cap on credit – covering everything from interest to late repayment fees.

She said: "Whilst I welcome the focus on legal loan sharks and their research into capping, the lack of real action again today on the actual cost of credit itself will be a blow for many caught in a spiral of debt due to pay day lenders."

"The FCA's hands are being tied by a Government that consistently speaks out against what most other countries have done to tackle legal loan sharks by opposing capping what these companies can charge."

The Financial Conduct Authority said it did not want to discourage people using payday lenders as they are likely to turn to illegal loan sharks instead.



The facts: The FCA proposed:

■ Lender will not be able to extend or 'roll over' loans more than twice.

■ The number of attempts a payday lender can take money from a borrower's account using a continuous payment authority

is limited to two.

■ Anyone extending a loan must be told it free debt advice.

■ The FCA could order lenders to change misleading adverts or drop products not in consumers best interests

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Man jailed for sexual assaults on Tube

A MAN who inappropriately touched two women on the Tube has been jailed after plain clothed British Transport Police officers witnessed one of the incidents.

Gurjinder Singh of Talbot Gardens, Ilford, pleaded guilty to two counts of sexual assault at Westminster Magistrates' Court on Thursday, September 26.

The 25-year-old was sentenced to eight weeks in prison and was placed on the sex offenders register for five years.

Singh committed the first offence at around 6.10pm on Tuesday, September 24 on board a Victoria line train.

The 44-year-old victim boarded the train at Green Park underground station and during the journey Singh inappropriately touched her, before she left the train at Oxford Circus.

The next day plain clothes BTP officers patrolling the platform at Oxford Circus station noticed Singh acting suspiciously.

They followed him onto a train and witnessed him inappropriately touch a 24-year-old woman.

He was arrested at Holborn station and taken to a London police station.

After the hearing PC Thomas O'Regan said: "Plain clothed officers began observing Singh after they noticed him paying close attention to female passengers.



JAILED: Gurjinder Singh

"He was caught during a two-week operation that saw a total of 15 people arrested across London for sexual offences."

He added: "We don't tolerate unwanted sexual behaviour of any kind on the transport network and take all reports seriously."

The operation was part of Project Guardian a joint venture

involving British Transport Police, Metropolitan Police Safer Transport Command, City of London Police and Transport for London.

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CUTTING THE TAPE: Redbridge mayor Felicity Banks

Sports area opens thanks to volunteers fundraising

VOLUNTEERS have raised more than £35,000 for a new sports area at a young people's mental health unit at Barley Lane, Goodmayes.

Redbridge mayor, Felicity Banks performed the opening ceremony of the multi-use space at Brookside unit, which will host different sports, including tennis and basketball, run by North east London NHS Foundation Trust (NELFT).

Friends of Goodmayes

Hospital volunteer group had raised the cash so the youngsters could enjoy sport as part of their recovery.

Joyce Ryan, chair of the Redbridge Council Health Scrutiny Committee, opened the new multi sports area with NELFT chairwoman Jane Atkinson and Brookside modern matron, Jimmy Garber were also at the opening with friends members, including chairman Olive Joyce.

Ms Atkinson said: "When you are physically active you feel better and it helps your overall wellbeing, so we encourage our service users to take part in sports."

"A huge thank you to the Friends of Goodmayes Hospital for making this multi sports area a reality. It is amazing what they have achieved from the proceeds of the tea bars they run on the Goodmayes Hospital site."

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Apprentice recruits

NEW RECRUITS:
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LOCAL teenagers have been taken on as paid apprentices with the borough council's environment team.

They will be with inspectors for a year and although there is no guaranteed job at the end they will leave with a qualification.

The new recruits have

already started work – including street cleaning, waste collection, grounds maintenance and estate care-taking.

They will spend one day a week in the classroom at Barking and Dagenham College and the rest of the week they'll be learning the ropes alongside experienced

environment officers.

Cllr Bert Collins, cabinet member for environment, said: "These young apprentices are all from Barking and Dagenham which means they know the borough and I'm sure they'll take extra pride in their work."

"As a council we're committed to helping to improve lives by giving young people the chance to get into meaningful employment."

"We encourage other employers to take on apprentices, so it's important we set a good example by recruiting local apprentices ourselves."

Many previous apprentices have been taken on as permanent staff, some eventually progressing to management.

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Next Step Fostering seek more foster carers...



Next Step Fostering, the leading independent fostering agency, is holding regular drop-in sessions every Friday from 10am - noon for those interested in finding out more about fostering.

A family-owned business, Next Step Fostering has provided fostering services for over 25 years across Kent and most areas of London. Romford is now their sixth office.

Many people considering a career as a foster carer think that the local council is their only option. Most are completely unaware that independent fostering organisations even exist.

Next Step Fostering was established 25 years ago by Maureen and Alb Ward – who were foster carers themselves – and therefore had personal experience of caring for vulnerable children.

Next Step Fostering remains a family company as Maureen and Alb's daughter Lesley is the Director and she plays an active role in day to day decisions about the company and enjoys visiting foster carers to hear first hand how they are.



Next Step Fostering has gained an outstanding reputation for providing high quality child care. In the last three consecutive OFSTED inspections, Next Step achieved an 'Outstanding' rating across every standard in which they were assessed – probably the only IFA to achieve this.

A national shortage of foster carers means that children who cannot live with their family are being moved away from their home communities, resulting in a change of school, community, friends and religious contacts. Every day, Next Step receives child referrals from Local Authorities across the South East of England, but due to the high levels of demand, do not have sufficient families to meet the needs of the many children being referred.

As a family run company, Next Step Fostering is able to offer a personal, individual service to its foster carers and children. Supervision, support and training can be tailored to individual needs and foster carers have an open invitation to approach Lesley Ward directly to discuss any issues they may have.



Fostering a child is not an easy task, but it is possibly one of the most rewarding – and thanks to the generous allowance Next Step Fostering pays, many people give up unfulfilling jobs to undertake a career in fostering, where they feel they can really make a difference to young lives.

Clare Aston, Manager of the East London and Thames Valley offices, said "People often worry that they won't be suitable, based on things they have heard from friends or the media, but I would encourage anyone thinking about fostering to speak to us directly. We can answer all of their questions about the type of people we are looking for and what fostering is like."

If you are considering a career in fostering or simply want to learn more, call in to our next drop-in session on Friday 10am- noon at 1 Brentwood Road, Romford, Essex RM1 2HA or call 01708 209227. Alternatively, visit the Next Step Fostering website at www.nextstepfostering.org

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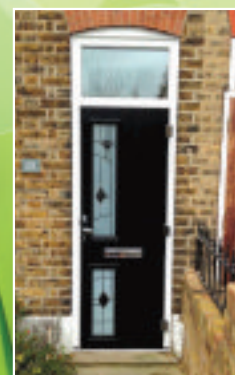
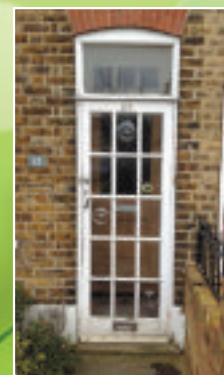
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Council checks out new home at library



Essex County Council libraries, communities and planning cabinet member John Jowers, Epping Forest MP Eleanor Laing, Buckhurst Hill Parish Council chairman Aniket Patel, Buckhurst Hill Parish Council clerk Nigel Moore, county councillor Valerie Metcalfe and Essex County Council libraries locality manager Liz Malone



County councillor Valerie Metcalfe, Buckhurst Hill Parish Council chairman Aniket Patel, Epping Forest MP Eleanor Laing, Essex County Council libraries, communities and planning cabinet member John Jowers and Buckhurst Hill Parish Council clerk Nigel Moore

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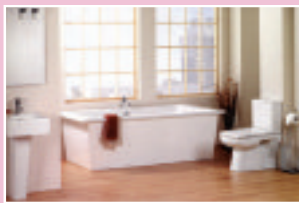
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A PARISH council's move to the local library has been described as a 'win,win,win' situation by a leading county councillor – who cut the tape.

Buckhurst Hill Parish Council moved along Queen's Road into the library.

Essex County Council's cabinet member John Jowers said the county and parish councils and local residents – who can now use the library five days a week – were all winners.

Epping Forest MP Eleanor Lang added her congratulations about the move.

Parish council chairman Aniket Patel said: "I acknowledge that this move has been a cause of sadness for some but it means the council can offer an extra two days of library services at the same time as making significant cost savings.

"This council has been looking at ways of doing more for less."

Buckhurst Hill Parish Council is the third parish council in Essex – after North Weald and Springfield (Chelmsford) – to have shared library and office facilities with Essex County Council.

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motoring news

**BATTLE OF THE
SEXES:** Research
shows the male and
female approaches
to learning to drive



Girls vs boys: An L of a difference

By Chris Russen

A FASCINATING insight into the differences between male and female learners drivers has been revealed.

Research from The Co-operative Insurance shows men, on average, will undertake only 16 hours of driving tuition while women will need 22 hours before passing their test.

The research also says females spend almost 40 per cent more on lessons than males, with the average woman spending £528 compared with just £384 for men. And 20 per cent of men will choose not to take lessons with a driving instructor compared to 10 per cent of women.

Both sexes require on average two attempts to pass their test but men will ditch the L-plates two months ahead of women, with the average

age to pass a test being 19.5 for a male and 19.7 for a female.

The findings also show that men and women show a different attitude towards the road once they pass their test, with men being surer of their own driving ability.

Grant Mitchell, head of motor insurance at The Co-operative Insurance, said: "Our findings show that men tend to need less practice before passing their test, although this doesn't necessarily make them the better drivers. In fact, because women tend to take more time learning to drive they are likely to have built up more experience of the road before they pass their test."

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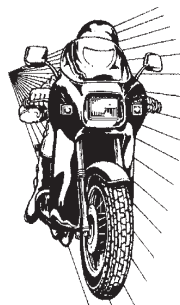
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Mission and Pastoral Measure 2011

The Church Commissioners have authorised the publication of a Draft Scheme providing for part of the churchyard of the parish church of Saint Peter and Saint Paul, Chingford, to be transferred to the Chelmsford Diocesan Board of Finance on behalf of the Parochial Church Council for church hall purposes and purposes ancillary thereto. You may obtain a copy of the draft from their office or inspect it at St Peter and Saint Paul or All Saints Churches. You may make representations either for or against all or any part of the draft Scheme in writing to James Davidson Brett, Pastoral Division, Church Commissioners, Church House, Great Smith Street, London SW1P 3AZ or by email to james.davidson-brett@churchofengland.org to reach him not later than midnight on the 25th November, 2013. For details of this process see www.ccpastoral.org or phone James Davidson Brett on 020 7898 1687. The Church Commissioners are a registered charity (number 1140097)





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NOTICE UNDER REGULATION TOWN & COUNTRY PLANNING (GENERAL DEVELOPMENT PROCEDURE) ORDER 1995
NOTICE UNDER ARTICLE 8

The following developments affect the character or appearance of the relevant conservation area:

2272/13 Applicant: Mr. S Pala **Address:** 43, Clarence Gate, IG8 8GN **Description:** Extensions to first floor front elevation. First floor rear extension. Single storey side and rear extension. Loft conversion with three rear dormers. **Claybury Conservation Area**

2462/13 Applicant: Miss. J Spooner **Address:** 13, Hazel Lane, Hainault, Ilford, IG6 2AG **Description:** Single storey rear extension. **Claybury Conservation Area**

2310/13 Applicant: Dr. V Gadhvi **Address:** 5, Parkway, Seven Kings, Ilford, IG3 9HS **Description:** Single storey side extension. (SUMMARY) **Mayfield Conservation Area**

2446/13 Applicant: Miss. A Towers **Address:** Hermitage Court, South Woodford, London **Description:** Replacement windows to the front elevation of existing flats. **Snaresbrook Conservation Area**

2247/12 Applicant: Mr. R Hernaman **Address:** 11, Meadow Walk, South Woodford, London, E18 2EN **Description:** Erection of a 2.45 metre high and 5.4 metre wide boundary fence. (Retrospective) **Snaresbrook Conservation Area**

2249/13 Applicant: Waltham Forest F.C. **Address:** Elmhurst, 98, High Road, South Woodford **Description:** Single storey outbuilding to be used as (B1) office. **South Woodford Conservation Area**

2400/13 Applicant: Mr. P Mead **Address:** 56, Grosvenor Road, Wanstead, London, E11 2ES **Description:** Demolish part existing rear extension. Two storey and single storey rear extension. Loft conversion with two rear dormers. New window in side flank wall and new door in ground floor side elevation. (Summary)(Conservation Area Consent sought under planning application 2511/13) **Wanstead Grove Conservation Area**

2492/13 Applicant: Mr. M Foster **Address:** 129, High Street, E11 2RD **Description:** Change of use to ground and first floor from A1/B1 use to A3/A4 use. Alterations to basement. One residential unit to second floor. (Summary). **Wanstead Village Conservation Area**

2440/13 Applicant: Mr. M Foster **Address:** 129, High Street Wanstead, London, E11 2RL **Description:** Change of use to ground and first floor from A1/B1 use to A3/A4 use. Alterations to basement to accommodate kitchen and restroom facilities. One residential unit to second floor. (Summary). (Listed Building Consent sought under application number 2492/13) **Wanstead Village Conservation Area**

2372/13 Applicant: Dr. L D'Cruz **Address:** Dental Surgery, 6A, The Broadway, IG8 0HL **Description:** Remove and replacement external staircase to existing dental surgery. **Woodford Broadway Conservation Area**

2439/13 Applicant: Mr. M Forman **Address:** 427, High Road, Woodford Green, IG8 0XE **Description:** Conversion of first floor office to a two bedroom flat. Roof alterations to create a one bedroom flat. Associated refuse and cycle storage. (Summary) **Woodford Green Conservation Area**

2229/13 Applicant: Mr & Mrs R Beadle **Address:** 89, Monkams Drive, Woodford Green, IG8 0LD **Description:** Demolish existing rear projection. Single storey rear extension with lantern roof light. **Woodford Green Conservation Area**

2338/13 Applicant: Mrs. E Johnson **Address:** 52, Harts Grove, Woodford Green, IG8 0BN **Description:** Partial demolition and re-build of existing boundary wall. **Woodford Green Conservation Area**

2396/13 Applicant: Mr. A Akram **Address:** 599, High Road, Woodford Green, IG8 0RE **Description:** Demolish existing conservatory. Single storey rear extension. **Woodford Wells Conservation Area**

0693/13 Applicant: Mrs. R Pinner **Address:** Fairlop Waters Country Park, Forest Road, Hainault, Ilford, IG6 3HN **Description:** Variation of (Condition 2) of approved planning permission 2435/11: New service ducts locations. Applications can be inspected at the Council's First Stop Shop on the ground floor of Lynton House, 255-259 High Road, Ilford Essex IG1 1NN until 21 days from the date of this notice between the hours of 8.30am and 4.30pm Mondays to Fridays and 9.30am to 4.30pm Wednesdays. If you require information contact the planning Services on 020 8708 2053. Representations should be made in writing to Planning Service s within 21 days of the date of this notice.

Fiona Dunning – Head of Development Management. **Date: 10th October 2013 DM No. 80115841**

East London Waste Authority

EAST LONDON WASTE AUTHORITY
AUDIT OF ACCOUNTS YEAR ENDED 31ST MARCH 2013
AUDIT COMMISSION ACT 1998, AND ACCOUNTS AND AUDIT (ENGLAND) REGULATIONS 2011, REGULATION 11

Notice is hereby given under the above regulations that Mr Ciaran McLaughlin of PricewaterhouseCoopers LLP, 7 More London Riverside, London, SE1 2RT (020 7583 5000) has completed the Audit of Accounts of the East London Waste Authority (ELWA) and its officers for the year 2012/13.

The audited accounts have been deposited at the offices of the Finance Director, East London Waste Authority, C/O London Borough of Redbridge, 8th Floor, Lynton House, 255-259 High Road, Ilford, Essex IG1 1NN. They are available for inspection between 9.30am and 4.00pm each weekday (excluding Bank Holidays) by any local government elector for any area to which the accounts relate, who may make a copy or take an extract. Copies of the Accounts can also be accessed on the ELWA website (www.eastlondonwaste.gov.uk).

Dated this 11th October 2013.

Mark Ash
Acting Managing Director
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Orient

Leyton Orient 0 Coventry City 0
(Orient win 4-2 on penalties)
Johnstone's Paint Trophy,
Southern Area, 2nd Round

By Rowland Lyons at the Matchroom Stadium
LEYTON ORIENT booked their quarter-final spot after a dramatic penalty shoot-out against their League One visitors on Tuesday evening.

Keeper, Jamie Jones was the star with a superb save as the O's were 100 per cent successful with their spot kicks as David Mooney, Elliot Omozusi, Gary Sawyer and Lloyd James beat Joe Murphy. Agonizingly close to blocking Leon Clarke's opening spot kick, Jones saved brilliantly from Franck Moussa, and did enough to cajole John Fleck into shooting wide.

Jones said: 'I like this tournament, and it's a good chance of getting to Wembley. The clean sheet in the normal ninety minutes is always pleasing as a back unit – we're solid this season as we've only conceded seven in the League – despite the fact Mathieu Baudry was suspended – we had to reshuffle. And, we might have scraped it at the

end when Mooney came on, but I think the right team won tonight'.

Boss, Russell Slade made five changes from their battling Oldham weekend draw and the suspended Romain Vincelot returned to the fray, with Saturday's goalscorer, Shaun Batt amongst those earning a rare start.

In a game where both defences were well on top, with O's skipper, Nathan Clarke, winning the battle against the ever-dangerous City striker, Leon Clarke, Jayden Stockley and Scott Cuthbert both missed with close range headers.

Despite late Cov pressure, the resolute O's held out and could have nicked an unlikely win when late sub, David Mooney and the livewire, Moses Odubajo, forced Joe Murphy into two important saves.

The game then went to spot kicks and despite Leon Clarke putting his side ahead, he was let down by his colleagues and James – with his first goal in Orient colours – put the O's through to an early December quarter-final spot.

Assistant boss, Kevin Nugent, said: 'We were up against a good side in Coventry – they moved the ball really well. But, I thought our discipline was

fantastic and we kept a really good shape and – to be honest – created a lot of good chances. But, Coventry made it difficult as they had a lot of possession'.

Nugent revealed: 'We practice penalties quite often and if – in training – a game ends in a draw – we have a penalty shoot-out. It was nice for Lloyd James to score – he is a good penalty-taker. All the players took good penalties'.

Sky Blues' boss, Steven Pressley, added: 'I thought we were the dominant team in terms of possession. We were always very much in control of the game. I am really disappointed for the players as they gave so much to the game. The most disappointing aspect is that we should have won – there is such a fine line'.

■ Orient entertain MK Dons this Saturday (kick-off 3pm).

ORIENT: Jamie Jones – Elliot Omozusi, Scott Cuthbert, Nathan Clarke (captain), Gary Sawyer – Moses Odubajo, Romain Vincelot, Lloyd James, Yohann Lasimant (Dean Cox 74) – Jayden Stockley (Marvin Bartley 83), Shaun Batt (David Mooney 66). Subs (not used): Jake Larkins (gk), Harry Lee.
COVENTRY CITY: Joe Murphy – Jordan Willis (Aaron Phillips 66), Jordan Clarke, Andy Webster, Blair Adams – Franck Moussa, Conor Thomas, John Fleck, Adam Barton (Billy Daniels 74) – Leon Clarke, Callum Wilson. Subs (not used): Lee Burge (gk), Mathieu Manset, Ryan Hayes.

Football

Cup draw thrill for minnows

GREAT Wakering Rovers will host Colchester United while Harlow Town entertain Southend United in the Third Round of the Essex Senior Cup.

Member clubs from the Ryman Isthmian League and the Skril Conference have now entered the equation, alongside Colchester, Southend and Dagenham & Redbridge from the Sky Bet Football League. Essex Senior Leaguers Wakering pulled one of the plum ties in Colchester, while Southend travel to face Ryman League Division One North side Harlow.

Dagenham will entertain Romford in the last 32, while neighbours AFC Hornchurch begin their defence at home to Bowers & Pitsea. 2013 runners-up Grays Athletic visit 2012 winners Canvey Island and there will be a South Essex derby when Aveley take on East Thurrock United. Barking's tie against Stansted guarantees one survivor from the First Round will progress, as well as ensuring there will be at least one Step Five representative in the last 16.

Nine ties have been played so far involving the county's Essex Senior and Thurlow Nunn Eastern Counties League sides, with just the second round clash between FC Clacton and Brightlingsea Regent yet to be completed. The deadline for the completion of these ties is November 2.

Canvey Island vs Grays Athletic
Thurrock vs Brentwood Town
Aveley vs East Thurrock United
Great Wakering Rovers vs Colchester Utd
Maldon & Tiptree vs Waltham Forest
Billericay Town vs Basildon United
Tilbury vs Chelmsford City
Burnham Ramblers vs London APSA
Harlow Town vs Southend United
Redbridge vs FC Clacton or
Brightlingsea Regent
Dagenham & Redbridge vs Romford
Concord Rangers vs Waltham Abbey
AFC Hornchurch vs Bowers & Pitsea
Heybridge Swifts vs Braintree Town
Barking vs Stansted
Witham Town vs Barkingside

Cricket

Napier signs for two more years

GRAHAM Napier has signed a new two-year contract, which will keep him at Essex County Cricket Club until the 2015 season. Napier, 33, had a memorable season for Essex in 2013 with 796 runs and taking 51 wickets in 17 First-Class games.

In particular, his highlight of the season was taking 4 wickets in 4 balls against Surrey in the Yorkshire Bank 40 competition, which was later voted as the 'Championship Moment of the Year' during the Essex Cricket end of season gala dinner.

Graham said, "To sign a new contract with Essex for the next 2 years is excellent and feels like a huge reward after the best season I have ever had in my career at the Club."

Head Coach, Paul Grayson also expressed his delight on Napier committing a further two years to Essex, "I am very happy that Graham has signed a new contract, especially after the sensational season he experienced last year."

"The 2013 season showed how important Graham is to the team when fully fit and I'm sure he will continue to be key member of the side for the next two years."

Jim cock-a-hoop after Team GB outing

Basketball

A DISABLED teenager is celebrating after playing as part of Team GB for the first time.

Jim Parker, from Billericay, joined as the squad's youngest member as the team battled through to the semi finals of the Wheelchair Basketball Under 23 World Championships.

The 16-year-old, who attends Seevic College, said: "The experience of being part of the squad was absolutely amazing and I thoroughly enjoyed every minute."

"The whole team worked incredibly well together and there was a great team spirit."

The team came fourth in the contest, which was held in

Turkey over 10 days last month, but Jim achieved a personal best with an average 18 minutes of playing time per match.

Jim, who has been paralysed from the waist down since birth, took up wheelchair basketball at the age of 10 and was first spotted by a Team GB scout aged 12.

The teenager was chosen to play for Team GB at this year's World Championships after narrowly missing out on selection for the European Championships in 2012.

He added: "I was so nervous before I found out I had been chosen. I'd worked hard and took on board advice from coaches to boost my fitness and

become faster on the court."

Jim, who also plays for the London Titans in East London, said that his family had been his biggest supporters and he now hopes to play in the Paralympics in 2016 or 2020.

He added: "My parents and my sister are really supportive and I couldn't have made it into the Team GB squad without them. They don't look at me as being any different to anyone else. I've always had the opportunities to try anything that I've wanted to."

Jim, who previously attended Mayflower High School in Billericay, has been studying a Level 2 BTEC Diploma in Sport & Exercise Science at Seevic College since September.



Forest stick it to Crostyx in derby

Hockey

Waltham Forest Men 4 Crostyx 1

THIS weekend saw Forest play hosts to their neighbours, Crostyx.

Forest needed to get off the mark in the league and pick up their first points, but things started poorly as Mark Terris injured himself during the warm up.

The home side rallied together and put in a solid first half performance, dominating possession but lacking that final bit of creativity in the final third.

Eventually the home team got on the scoreboard when Ed Stubbing hit home his

first goal for the 1's from a short corner.

A second shortly followed as James Price also netted his first senior goal, following some great work in the D from his strike partner Jackson. 2-0 at half time and Forest looked comfortable.

The second half should have continued in a similar fashion, but Forest seemed to take their foot off the gas. This meant that Crostyx gradually got in to the game and threatened the home side's goal.

Their persistence prevailed as they scored from a short corner to really put pressure on the home team. The goal should have acted

as a warning to Forest, but they still couldn't shake themselves from a slightly muted second half performance.

That was until Yogi Patel pulled off a fantastic stick save, which seemed to wake everyone up. Forest stepped up a gear and caught Crostyx on the counter and Ed Jackson roofed the ball after an aggressive run in to the D.

This was followed up by another great run and finish by Luce Da Silva.

Forest are up and running in the league now and will want to continue this form when Ipswich visit this coming weekend.

Rochford too strong

Rugby

Rochford Hundred 29 Woodford 17

WOODFORD did not seem to have fully woken up from the journey at kick off, and from the first attack, Rochford broke free for a barely opposed run down the left wing for an opening try. Unconverted, Rochford led 5 -0 with barely a minute gone.

A rattled Woodford found themselves on the back foot. With Rochford pressing, the vocal Haaris Sohoye led by example, tackling and motivating. Dan Farrelly, returning after injury, began the game with similarly fearless tackles.

Rochford showed some well-crafted passing moves working

the ball from right to left and back across the pitch. Rochford found a way through and with 12 minutes gone they led 10-0.

With play getting messier as Woodford strove to get a score on the board, Yiannakou got close, and finally a combination of Chujor, Phillips and Sohoye, enabled Farrelly to get the ball over the line.

Woodford were dominating the scrums in the second half allowing the backs to move the ball well.

Tindall was forced to withdraw injured, and with Woodford's one substitute Charles hurt in the warm-up, Woodford were grateful for the sporting offer of Rochford to withdraw a player too to keep the sides balanced.

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